

PHYSICAL FINESSE

Seeking a trim silhouette for the summer? 23MD is the go-to clinic for body treatments that reduce, tighten and tone

Summer is upon us and that means casting off our between-season cover-ups. If you fear revealing unsightly bulges, a 'muffin top' or tummy 'pouch', it's time to make an appointment at 23MD. Led by Dr Suha Kersh and Dr Martin Galy, the clinic takes a global approach to ensure each individual can achieve effective elimination of stubborn, unwanted fat cells, cellulite and skin laxity. Polished, precise and intuitively professional, the doctors will make you feel like *you* again.

SVELTE AND SMOOTH

To attain the best result, Dr Kersh performs a body analysis and prescribes a multi-layered approach combining some or all of the following state-of-the-art contouring treatments:

•**CoolSculpting** – A cryolipolysis device cools fat cells to the point of death on localised trouble spots such as hips, abdomen or thighs. The cells are reabsorbed and flushed from the body. Results can be seen from three months.

•**Ultherapy** – Improves skin texture and tightness following a fat-reduction treatment through micro-focused ultrasound technology which stimulates natural collagen production.

•**Exilis Elite** – A revolutionary non-invasive treatment for the reduction of cellulite and tightening of loose and sagging skin, which can also be used for vaginal tightening.

•**Mesotherapy** – A cocktail of natural extracts, amino acids and vitamins is injected into the middle layers of skin in fat pockets or areas with cellulite, promoting circulation and metabolism to flush toxins from the body.

HAPPY AND HARMONIOUS

What goes on inside the body plays a crucial role on our external appearance. This is where Dr Galy comes to the fore. Any imbalance in a man or woman's estradiol, progesterone, testosterone or cortisol levels can lead to fat deposits, cellulite and a lethargic metabolism. With blood tests, Dr Galy can analyse imbalances and re-set his patients' health through bio-identical hormones. And his 'couple-pause' therapy – addressing hormonal decline in both sides of a partnership – is creating quite a stir.



DR SUHA KERSH

With an integrated and comprehensive approach, Dr Kersh and Dr Galy will make you feel like *you* again

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Please visit 23md.co.uk